

Creating a World Without Bullying



*What you can do to promote kindness,
acceptance, and inclusion*

PACER and Bullying Prevention

PACER CENTER

- Founded in 1977, PACER was founded and is staffed primarily by parents of children with disabilities.
- Focused on helping parents and children learn to be self-advocates
- PACER Center expands opportunities and enhances the quality of life for children and young adults with disabilities and their families.

PACER's National Bullying Prevention Center

- Founded in 2006 to help all children who face bullying
- Leads social change, so that bullying is no longer considered an accepted childhood rite of passage.
- Provides free, innovative resources for students, parents, educators, and others through three websites

On-Line Resources

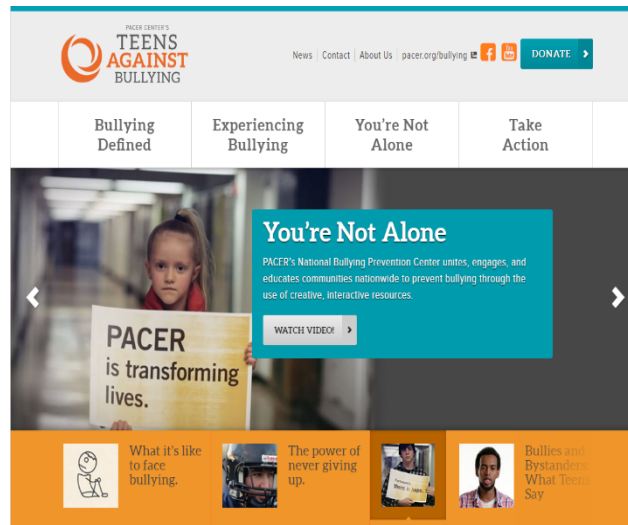
PACER.org/Bullying

PACERTeensAgainstBullying.org

PACERKidsAgainstBullying.org



The screenshot shows the PACER.org/Bullying website. At the top, there is a navigation bar with "About Us", "Contact Us", and a search bar. Below this is a banner for "PACER's National Bullying Prevention Center" with the tagline "The End of Bullying Begins with You." and buttons for "Newsletter" and "Donate". A secondary navigation bar includes "National Bullying Prevention Month", "Videos", "Stories", "Resources", "Get Involved / Sign The Petition", "News", and "WE WILL Generation Student Movement". The main content area features a video player with the text "we're working on giving kids of all ages" and a cartoon illustration of two figures. Below the video is a "We Will Generation™" section with a photo of students and the text "Students leading the bullying prevention movement". To the right, there are sections for "Sites for Kids and Teens" and "Features", including a "Sign the Digital Petition" button and a link to a guide for parents.



The screenshot shows the PACERTeensAgainstBullying.org website. The header includes "PACER CENTER'S TEENS AGAINST BULLYING" and navigation links for "News", "Contact", "About Us", and "pacer.org/bullying". A "DONATE" button is also present. Below the header is a navigation menu with four categories: "Bullying Defined", "Experiencing Bullying", "You're Not Alone", and "Take Action". The main content area features a large image of a girl holding a sign that says "PACER is transforming lives." with a "WATCH VIDEO" button. Below this is a section titled "You're Not Alone" with a description of PACER's mission and a "WATCH VIDEO" button. At the bottom, there are several small thumbnail images with text: "What it's like to face bullying.", "The power of never giving up.", and "Bullies and Bystanders: What Teens Say".



The screenshot shows the PACERKidsAgainstBullying.org website. The header features a "KIDS AGAINST BULLYING" sign graphic and navigation links for "News", "Contact", "About Us", "PACER.org/bullying", and "Fundraise". Below the header is a navigation menu with five categories: "What is Bullying?", "Are You A Target?", "Do You Bully?", "How Can You Help?", and "Join the Cause". The main content area features a large image of a cartoon girl named Carmen with a "READ CARMEN'S ADVICE" button. Below this is a section titled "Ask Carmen" with a description of her role and a "READ CARMEN'S ADVICE" button. At the bottom, there are several small thumbnail images with text: "The Same", "Keep Your Eyes Open", and "Spookley The Square Pumpkin".

Parents and Professionals

Middle and High School

Elementary School



Agenda

- Bullying dynamics
 - Prosocial Behaviors
 - Positive & Creative Strategies for Bullying Prevention
 - Community Culture
-

Common Views and Myths

- Bullying is a natural part of childhood.
- Words will never hurt you.
- Some people deserve to be bullied.
- Bullying will make kids tougher.
- Telling a teacher about bullying is “tattling.”
- It’s only teasing.

Definition – The Hallmarks

- Hurts or harms another person physically or emotionally and is done **intentionally**.
- The target has difficulty stopping the behavior and struggles to defend themselves.
- Exhibits an imbalance of **power**, when the student(s) doing the bullying has more physical, emotional, or social power than the target.

Bullying vs. Conflict

Conflict: Children self-monitor their behavior and generally stop when they realize they are hurting someone.

Bullying: Children continue their behavior when they realize it is hurting someone, and are satisfied by a feeling of power and control.

Students with Disabilities & LGBTQ Youth

- Children with disabilities are two to three times more likely to be bullied than their nondisabled peers. *(National Center for Educational Statistics, 2016)*
- 8 out of 10 LGBTQ students are still harassed at school each year because of who they are. *(GLSEN)*



Prosocial Tools:

- What are they?
 - Getting from caring to acts of caring
-

What are Prosocial Behaviors?

“a broad range of actions intended to benefit one or more people other than oneself – behaviors such as **helping, comforting, sharing and cooperation.**”

The Handbook of Social Psychology

Which prosocial tools contribute to kinder communities and prevent bullying?

- **Kindness**
- **Acceptance of Difference**
- **Inclusion**

Kindness, Acceptance, and Inclusion

Big Picture Strategy:

- Age-appropriate approaches to KAI



- Adults mentoring, modelling, and teaching these prosocial tools intentionally and consistently

Strategies for promoting KAI: Interaction/Communication

- Listen
- Believe
- Be supportive
- Be patient
- Provide information
- Explore options for intervention strategies

Strategies for promoting KAI: Fostering Trust & Modelling Behavior

How is trust gained?

Confidentiality is kept

Messages and modelling are consistent

How do we get from the idea of caring to acts of caring?

- Connecting the dots between the idea of a person, the idea of caring, to acts of kindness, acceptance, and inclusion
- Using the power of diverse stories to bring the viewer/reader closer to the actual experience and build empathy
- Engaging adults and children: all constituents in the community where you want to make change

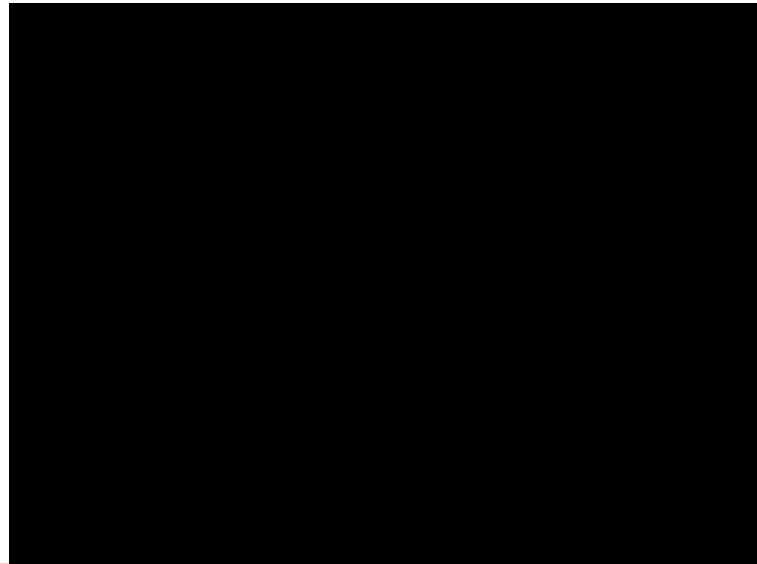


Promising & Positive Strategies

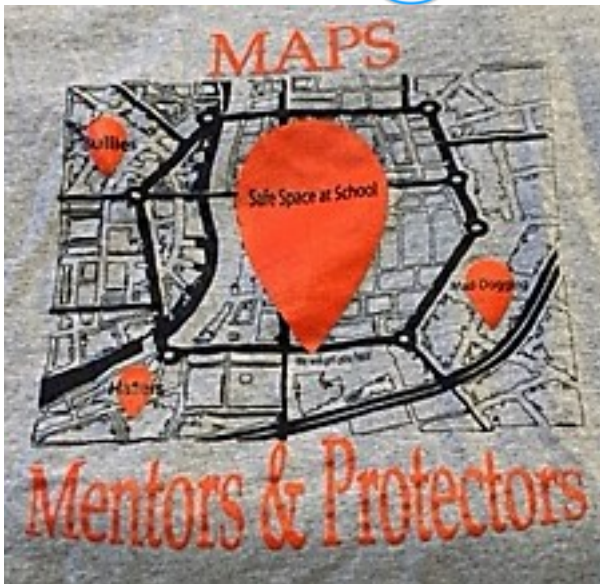
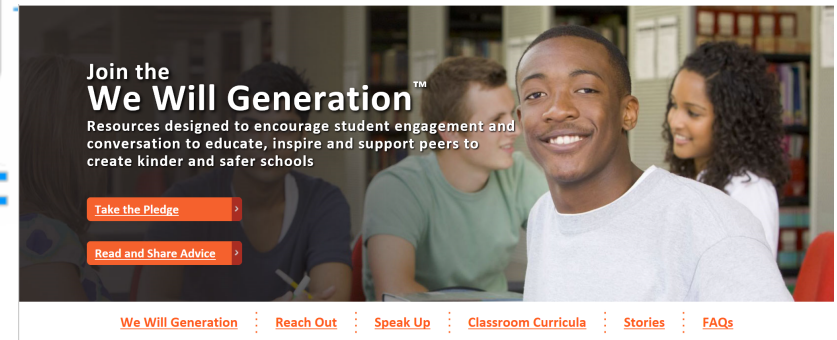
- Peer Advocacy
- Student-led Programs
- Video, Drawing, Storytelling, & Post-Its

Peer Advocacy: Creating Champions

Peer Advocacy Program – A bullying prevention initiative designed to reduce bullying of students with disabilities by engaging, educating, and empowering designated peers to advocate for specific students with disabilities. For grades 4-12.



Student-Led Initiatives *(with faculty support)*



Circle of Friends
The Path to Inclusion

**Changing Lives...
One Friendship at a Time**

Videos (& Film Festivals!)



Paul Revere's 3rd Annual Student Film Festival

Festival date: April 26th, 2017 at
7:00pm Paul Revere Auditorium

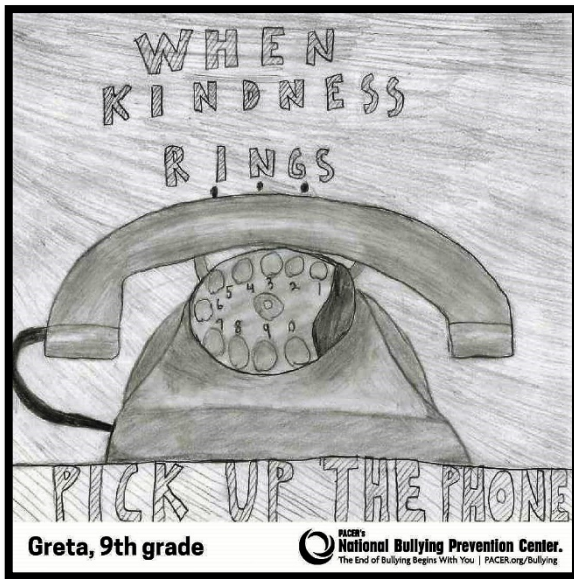
Entries must be submitted online by 3pm on
Friday, March 24, 2017

Film Categories - *These maximum running times include title and end credits*

Animation/Claymation (5 minutes max)

Any type of stop action animation (computer animation, Claymation, Lego, hand drawing, etc.)

Storytelling: Words & Images



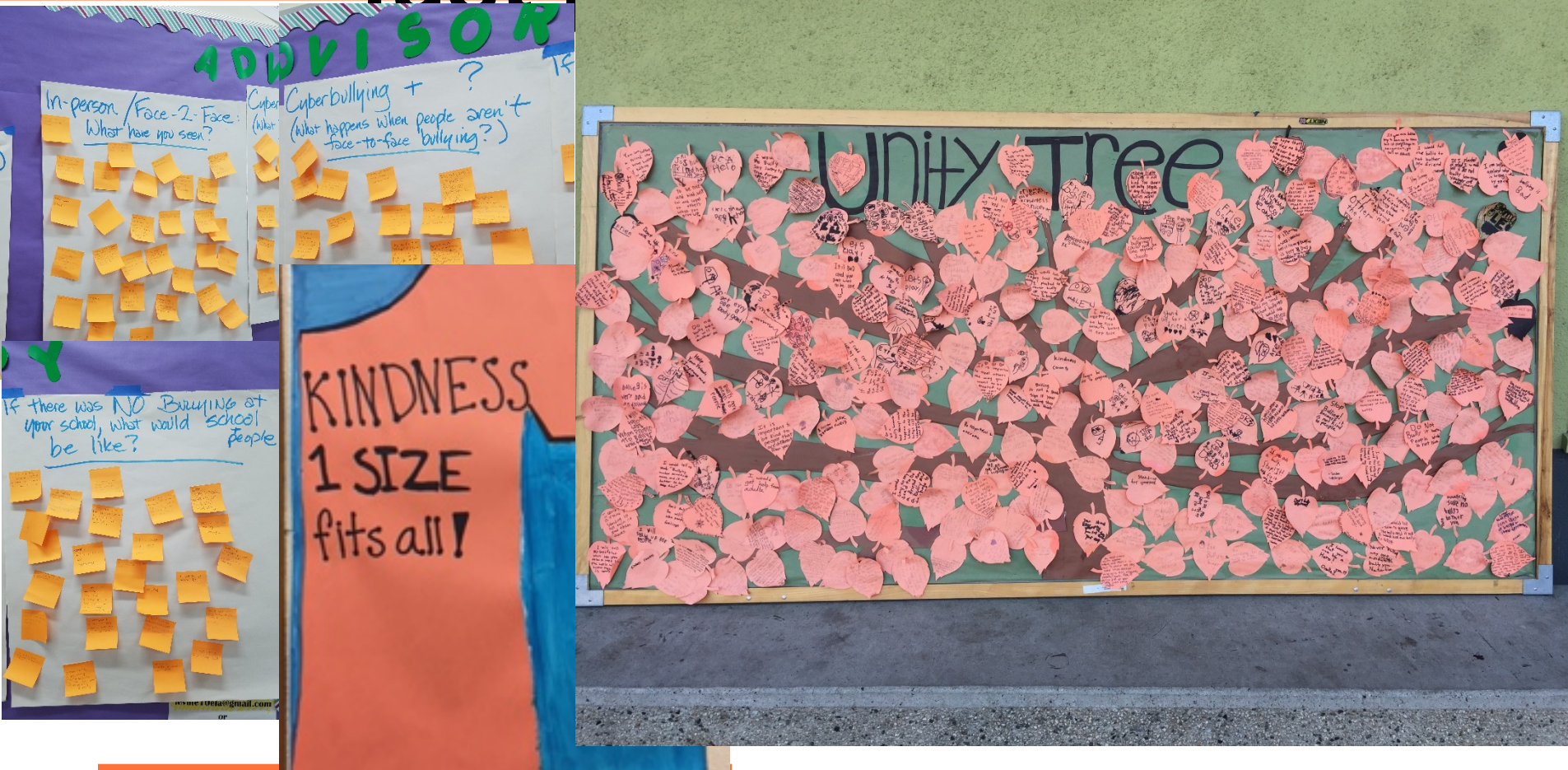
You are the paper and they are the pencil.
Ripping you up then you make one mistake.
They throw you into the recycling bin to
make you into something new.
You come out as a glass bottle.
About to get smashed.

A heavy rock comes.
You wait for it to crush you.
But instead, it breaks the pencil.
The pencil that tore you up in the first place.

That rock,
Is that friend that will always be there
To remind you...
That you are not alone
That you should believe in yourself
That you are loved
That you are special
And that you will always have someone
to put you back together

Hannah, 5th grade

From Classroom to Whole School: just paper and pen



Real World Recognition



Consider the people in your school/community/family culture:

- Faculty
- Administrators
- Staff
- Parents
- Student Leaders/Influencers

ENERGY/COMMITMENT/DRIVE

What gets them energized and excited to do something?

- Is it easy to organize? To participate in?
- Is it fun? Is there FOOD?
- Is it appropriate for the whole community?
- Is it a crowd-pleaser?
- Are there prizes? Real-world outcomes?
- Are they t-shirt people? Wristbands?

VIRAL ACTION

Scissors, Paper, Post-Its & The World

- Arts & Crafts: hands-on, paper & glue
- Tech: video, animation, open-mic
- Performance: theater, dance, music
- One Day Events
- Calendar: Throughout the Year
- Community-oriented: small & large

A Year's Worth of Activities

Month-by-month themes and activities planned out!

The screenshot shows the PACER.org website interface. At the top, there is a navigation bar with 'PACER.org' on the left, 'About Us' and 'Contact Us' in the center, and a search bar on the right. Below this is a red banner with the PACER's National Bullying Prevention Center logo and the tagline 'The End of Bullying Begins with You.' To the right of the banner are buttons for 'Newsletter' and 'Donate', and social media icons for Facebook, Twitter, Instagram, and Pinterest. A dark blue navigation menu contains links for 'National Bullying Prevention Month', 'Resources', 'Classroom', 'Videos', 'Stories', 'Get Involved / Campaigns', and 'What Parents Should Know About Bullying'. Below the menu is a breadcrumb trail: 'Home / Resources /'. The main content area has a dark orange background with the title 'Bullying and Harassment of Students with Disabilities' and a sub-headline: 'Children with disabilities are two to three times more likely to be bullied than their nondisabled peers.' To the right of the title is a 'Share:' section with icons for Facebook (65), Twitter (19), and a plus sign (77). Below the main content is a horizontal menu with tabs for 'Top 10 Facts', 'Rights and Policies', 'Self-Advocacy', 'Peer Advocacy', 'Activities', 'Person First Language', and 'Resources'. The 'Activities' tab is selected, and the sub-section 'Disability Awareness Activities' is visible below it.

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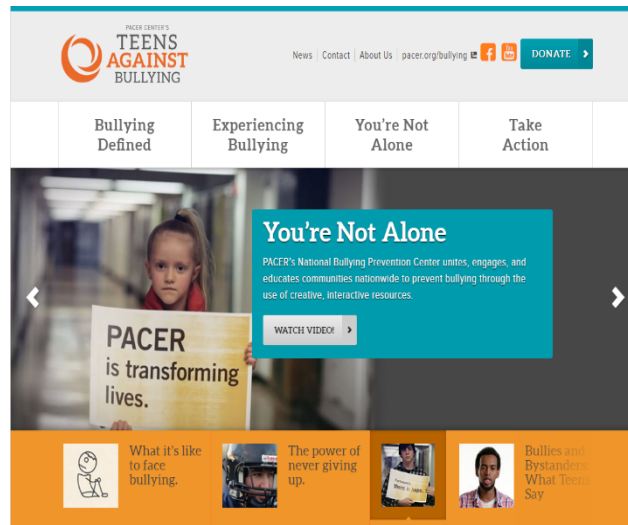
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Elementary School

Handouts? Statistics?

The screenshot shows the PACER.org website. The header includes the PACER logo, the text "PACER's National Bullying Prevention Center. The End of Bullying Begins with You.", and navigation links for "About Us", "Contact Us", and a "Google Custom Search" box. There are also buttons for "Newsletter" and "Donate", and social media icons for Facebook, Twitter, Instagram, and Pinterest. A dark blue navigation bar contains menu items: "National Bullying Prevention Month", "Resources", "Classroom", "Videos", "Stories", "Get Involved / Campaigns", and "What Parents Should Know About Bullying". Below the navigation bar, the breadcrumb "Home / Resources /" is visible. The main content area features the "Resources" title and a sidebar menu with items: "Resources", "Questions Answered", "Stats", "Facts", "Cyberbullying", "Students With Disabilities", "Information Handouts", "Book Club", and "Bookmarks". The main content area lists four categories with descriptions: "Questions Answered" (Responses in a variety of formats...), "Statistics" (Important research on the effects, intervention and impact of bullying.), "Facts" (Key points highlighting relevant best practices and issues about bullying.), and "Cyberbullying" (Just as the use of technology itself has evolved, so has the ability to bully. Bullying, once restricted to the school or neighborhood, has now moved into the online world. Bullying through electronic means is referred to as "cyberbullying.").

Thank you!
Judy



***“When we stand together
no one stands alone!”***

Anistyn

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